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U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Friday, July 28, 1933

(FOR BROADCAST USE ONLY)

SUBJECT: "Ice Cream Ideas." Information from the Bureau of Home Economics, U.S.D.A.

Ice cream for Sunday dinner. There's a good American custom that lots of families are following these hot summer days. A frozen dessert makes a refreshing end for any meal on a hot noon. Maybe you buy your Sunday ice cream at the shop around the corner. Or maybe you prefer to make your own. If you're one of those who favor home-made ice cream, I have a few ideas that may interest you, some easy little ways to make your cream different. Did you ever try crushing graham crackers and stirring them into your vanilla cream just before you packed it into the ice and salt to harden? If not, you have a treat in store. You can do the same thing with macaroons or hard left-over cake or cookies.

Did you ever try adding crushed candy to your ice cream in the same way? Peanut brittle ice cream is a winner with any family. So is peppermint ice cream made from crushed peppermint stick candy or you can use nougat with bits of marshmallow scattered through.

That chopped nut ice cream that many stores are featuring these days, you can make yourself at home. Black walnuts are especially good in cream. So are chopped English walnuts or well-roasted almonds? Probably almond flavoring is better than vanilla for nut ice cream.

Ever try dried fruit cream? You can use chopped raisins or chopped dried figs, dates or apricots. Some people like dried fruit cream flavored with a little clove or nutmeg. Of course, flavoring depends on your own and your family's taste. Some people like stronger flavors than others. Some people like sweeter cream than others. And some people like one kind of flavor and don't care for another. But here are a couple of flavoring rules that will apply no matter what your family's taste is. One rule is that frozen desserts require more flavoring than hot or just cool desserts. The cold seems to cut down the flavor. So if you are making a custard mixture to freeze, you'll use more sweetening and more vanilla than if you were making this same mixture for a pudding sauce or for a dessert like floating island. Another point to remember is that no matter what flavoring you use, a little salt will help develop it. Every good ice cream recipe should include a small amount of salt.

Perhaps the most popular summer ice creams are the fresh fruit creams, peach and strawberry and raspberry. You can use your fresh preserves or marmalades or jellies either in the cream mixture or as sauces to pour over plain creams. Your bottled fruit juices also make good additions to ice cream. Grape juice or cherry juice or even crabapple juice will both flavor and color your ice cream. That reminds me of a friend of mine who is famous for her green gage ice cream. She stews stoned chopped green gages with sugar. Then she adds grape juice. The cream has a delicate color and is too good

to describe. Of course, we mustn't forget oranges and bananas, good for ice cream the year around.

Other convenient year-round flavorings are chocolate, coffee, caramel and maple. Then you can use shredded coconut, either in the ice cream mixture itself or sprinkled over the top of the cream.

For an extra fancy and colorful dessert, add wintergreen flavor to your cream and add a little green coloring. Then scatter a few tiny colored wintergreen candies over the tops of each serving.

Before we talk over our dinner menu, featuring ice cream--peanut brittle ice-cream--let's remind ourselves of a point or two about successful ice cream making in general.

First, have your ice cream mixture cold before you put it in the freezer. This cuts down the time of freezing and gives better results. Second, never fill the can more than two-thirds full of the mixture you are going to freeze. Third, use only coarse freezing salt for freezing ices and ice creams. Table salt won't do for this job. Fourth, crush the ice evenly. Fifth, use one part of salt to from four to six parts of ice. Sixth, fill the freezer two-thirds full of ice before putting in any salt. Then add the salt and ice in alternate layers. Seventh, turn the crank very slowly until it begins to pull slightly or turn hard. Then increase the speed to whip the mixture. Eighth, for best flavor freeze to a soft consistency, then pack for a few hours to harden and ripen. Ninth, for the ripening period, use four parts of ice to one part of salt for packing.

So much for ice cream rules. Now for our Sunday dinner menu: Baked ham with tart apple sauce; Baked sweet or white potatoes; New garden peas; and for dessert, Peanut brittle ice cream.

Here's the ice cream recipe. Just four ingredients:

1 quart of single cream
1/2 cup of sugar
1 and 1/2 cups of ground peanut brittle, and
1/4 teaspoon of salt.

Once more. (Repeat)

Heat 1 cup of the cream to the boiling point. Add the sugar and the ground peanut brittle and stir until well blended. Mix this with the remaining cream and the salt. Use a freezing mixture of 1 part salt to from 4 to 6 parts of ice. Turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the cream stand for an hour or more to ripen.

Monday: "Liver in the family's meals".

